



Lynnfield Substance Abuse Prevention Coalition d/b/a/A Healthy Lynnfield Minutes

Monday, Feb 13, 2023: VIRTUAL

Present: Linda N, Glenn D, Lisa C, Phil C, Healthier D, Natasha S, coral H, David T, Glenn M, Scott F, Stacy D, Toni R, Nick S, Diane C, Rob L, Mia M, Kyra D, Lydia S, Diana D, Peg S

I: Introductions & Welcome to Guests

- Welcome to Kyra Drescher from JRI who joined us again this month.
- A motion was made to approve January 2023 minutes. All were in favor. The motion passed and minutes were approved.

II: Public Safety/Public Health Updates

- The Fire Department spoke to the lack of EMT's in the field and staffing challenges. Lynnfield serves regional calls as far as Swampscott in a shared services agreement. 324 mutual aid calls in 2022 compared to 57 in 2021.
- The Health Department is sponsoring Youth MHFA with Melrose Health Department.
- This Thursday for Heart Health Month there will be blood pressure checks at town hall with the Public Health Nurse.
- Tobacco Compliance checks are done min 2x/year. Health Dept. will present compliance data at a future meetings. Last one was May 2022. In the works for this year.
- The Health Dept. has a regional Community Health Inclusion grant with Melrose, Wakefield, Stoneham, and Lynnfield that focuses on accessibility/mobility limitation in public areas. An intern will be working on an assessment at the Senior Center, Library, Market Street.
 - **Action Item:** If have any suggestions for public buildings/spaces that should be checked for ADA compliance

III: Treatment/Recovery

- Heather reports that there is also a staffing need in the behavioral health treatment field and that her agency is also challenged by this.
- New services in MA: Community based health centers have a community team approach to mental health/recovery services and trends.
 - 25 programs with CBHC Contracts are competitively recruiting staff.
 - Riverside/Cambridge is partnering with Lesley University to place students on staff and develop clinical internships. Helps address staff shortages/needs.

- Less aftercare planning seems to be a trend—providers are rushed treating to make room for people in the hospitals
- Adolescents are staying in ER days/weeks. There has been an increase in calls from schools. Youth show signs of regression because of COVID and delays in social skill development.
- **Action Item: Invite Eliot to a Coalition meeting to explain their program.**

V: School

- Toni reported that Lynnfield Learns is underway with planning for 3/17. The Fire Dept is offering CPR, AED and Narcan training to school faculty.
- Discussion around ***If They Had Known*** viewing with 9th graders at LHS in partnership with police and fire. We will be doing this with seniors in the spring and then again with new freshmen and next year's seniors in the fall. Thank you to SRO, Alex Doto and Lt. Fiorentino.
- Discussion around Healthy Conversations, Healthy Kids series on vaping. There are suspected increased numbers that will be reviewed in the 2023 YRBS this fall. Both MS and HS are seeing issues with vaping in the bathrooms. The group discussed vaping monitors and hall monitors as potential solutions, but administrators need to be involved in the discussion.
 - **Action: School reps will request a joint meeting to discuss solutions with administrators who need to be involved in the decisions.**

VI: Community

- Our faith based partners agree with seeing an uptick in parents/grandparents/non-traditional caregivers struggling to address adolescent's mental health challenges in their families. Discussion about reaching the faith-based audience and offered to send out information on how to use the interface help line.
 - **Action: AHL staff to send a one pager to clergy members about different services/resources available.**

VII: Coalition Business

1. Sub Committee Updates

- a. AHL Parent Advisory Committee-Diana reported that the new group has met 3 times this year, is very engaged, and is helping to plan all of our parent programs. Our upcoming virtual presentation is: **Helping Kids Adjust/Screens Social Skills and Avoiding Social Problems, Feb 15.** Registration is on our webpage.
- b. Health Expo: The planning committee meets every 2 weeks. The date is Saturday May 20th, co-sponsored by the Chamber of Commerce. We are looking to have more sponsors to offset the cost of the event, and also to have more activities. Phil included that Town Scape will be selling geraniums at the event.

c. Youth Leadership: Lydia reported that two Youth Council members attended the 84.org Mass statewide tobacco prevention conference and are planning to go to the State House for Kick Butts day this spring. They are also preparing a presentation to school staff for Lynnfield Learns.

d. Inspiring Healthy Teens Magazine Project: Lydia and Dave are spearheading a small committee that developed topic ideas for this year's articles, as well as potential organization to reach out to for advertising. **DUE DATE for articles is: Feb 24, 2023.**

VIII: New Business

1. Approve Meeting Calendar

A proposed monthly meeting calendar was reviewed. The goal is to have regular, recurring topics scheduled across the year so members are prepared to report and the community is aware of what is being presented. **After discussion, a motion was made to approve the schedule. The motion passed unanimously.**

2. Budget Process Overview

AHL staff shared an overview of the [AHL Budget and Funding Request Process](#) as well as a brief [presentation](#) on Year 4 Expenses to date, a projection for Year 5 Budget, and how carryover funds have been used to support a variety of major projects. Staff also explained how requests for funds from our 501c have a different process ([on-line form](#)) that is required for community members if there is a need to fund a mission related community project that falls outside of our grant work plans Next year is our last year of PFS funding and we will need to look at a sustainability plan and long-term budget. .

IX: Other

Adjourn Meeting

2023 Meeting Dates

March 13 (IN PERSON), April 10, May 8, June 12, No July Meeting, Aug 14.

A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.